

## Week 8 - Functional Strength and Agility WO #4



Warmup		
Dynamic Warmup	10	min

Movement Prep		Set 1	Set 2
Jump Rope Session			
1	Jump Rope 2 hops between each rope	1 min.	1 min.
2	Jump Rope 1 hop between each rope	1 min.	1 min.
3	Jump Rope- Criss Cross every other rope	1 min.	1 min.
4	Jump Rope- 2 hops per leg switch legs (continuous boxer jump)	1 min.	1 min.
5	Jump Rope- Doubles (Jump with 2 rope swings before landing)	1 min.	1 min.
6	Single Leg pogo hops back and forth over line	20 sec	20 sec

Notes

Functional Strength Training					
Objective: Go as heavy as possible while keeping good form.					
		Set 1	Set 2	Set 3	
1A	KB or DB Swings	8-12	8-12	8-12	Hinge at the hips, back straight. Not a lot of knee bend for this movement, mostly straight legs. Eyes should be focused a couple feet in front of your body on the way down and looking forward on the way up. Focus should be on powerful hip thrust to get the weight to the top.
1B	Leaning lateral DB raise	8-12	8-12	8-12	Lean against a wall, with shoulder on the wall. With opposite arm perform a lateral raise.
2A	Depth Jump to Broad Jump	8	8	8	Stand on a box, chair, or stairs, drop vertically from the box and immediately perform a broad jump, focusing on jumping as far horizontally as possible.
2B	DB Curls in Split Squat position	10 ES	10 ES	10 ES	Get into a deep split squat position. Hold your body in that position while you perform dumbbell curls. Perform curls with the arm that is opposite of the front leg. Keep core tight, curls should be slow and controlled, even though the split squat position is hurting.
3	Single Leg DB RDL to knee drive	8 ES	8 ES	8 ES	Perform a single leg dumbbell RDL. Imagine that your head to your toe is straight like a board while performing RDL. At the low point your body should be parallel to the ground. On the way up finish with a knee drive bringing your knee to your chest. Focus on balance.
4A	DB bent over rows	12-15	12-15	12-15	Bend over at waist in a comfortable position with arms hangin straight down holding dumbbells. Perform row focusing on using your back muscles and not your arms.
5A	Lying toe touches	12	12	12	Lie on your back with your feet together. Raise your feet so your legs are vertical. Hold this position and touch your toes. Lower to the ground keeping your legs raised. Touch toes again.
5A	Spider man Rows	10 ES	10 ES	10 ES	Use weight pulley or band wrapped around the bottom of a pole, chair or desk. Get in a plank position and perform a one-armed row toward your body. Focus on keeping hips straight and parallel. Tighten core

Cooldown: Walking or Stretching